



Chilled Raspberry Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



385 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce carton commercial cream sour
- ☐ 1 slices lime
- ☐ 3.5 cups raspberries fresh washed
- ☐ 5 servings additional raspberries fresh
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 3 cups water
- ☐ 1 cup rosé wine

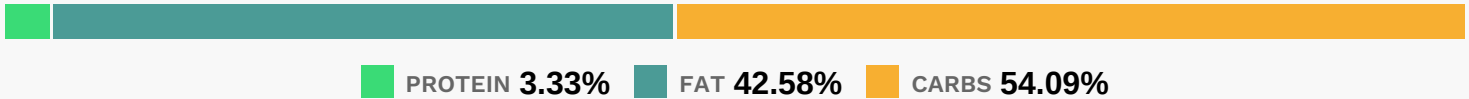
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender

Directions

- ☐ Place raspberries in container of an electric blender; process until smooth. Press through a sieve; discard seeds.
- ☐ Pour pureed raspberries into a medium saucepan; stir in water, wine, sugar, and salt. Bring to a boil. Reduce heat; cover and simmer 5 minutes.
- ☐ Remove from heat; cool to room temperature.
- ☐ Add sour cream; blend well with a wire whisk. Cover; chill several hours.
- ☐ Serve soup in chilled dessert bowls; garnish each serving with a lime slice and raspberry.

Nutrition Facts



Properties

Glycemic Index:33.82, Glycemic Load:23.2, Inflammation Score:-7, Nutrition Score:11.957391241322%

Flavonoids

Cyanidin: 65.91mg, Cyanidin: 65.91mg, Cyanidin: 65.91mg, Cyanidin: 65.91mg Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg, Petunidin: 0.45mg Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg, Delphinidin: 1.9mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 1.41mg, Pelargonidin: 1.41mg, Pelargonidin: 1.41mg, Pelargonidin: 1.41mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 5.07mg, Epicatechin: 5.07mg, Epicatechin: 5.07mg, Epicatechin: 5.07mg Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg, Epigallocatechin 3-gallate: 0.78mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 384.86kcal (19.24%), Fat: 17.41g (26.78%), Saturated Fat: 10.46g (65.38%), Carbohydrates: 49.76g (16.59%), Net Carbohydrates: 40.36g (14.68%), Sugar: 38.03g (42.26%), Cholesterol: 51.26mg (17.09%), Sodium: 31.26mg (1.36%), Alcohol: 4.99g (100%), Alcohol %: 1.54% (100%), Protein: 3.06g (6.12%), Manganese: 1.03mg (51.31%), Vitamin C: 38.41mg (46.55%), Fiber: 9.4g (37.6%), Vitamin A: 715IU (14.3%), Vitamin K: 12.69µg (12.09%), Vitamin E: 1.67mg (11.15%), Magnesium: 41.64mg (10.41%), Vitamin B2: 0.16mg (9.24%), Potassium: 310.08mg (8.86%), Copper: 0.16mg (8.18%), Folate: 32.65µg (8.16%), Phosphorus: 77.92mg (7.79%), Calcium: 74.8mg (7.48%), Iron: 1.24mg (6.89%), Vitamin B5: 0.61mg (6.1%), Vitamin B6: 0.12mg (6.08%), Zinc: 0.79mg (5.3%), Vitamin B3: 0.97mg (4.86%), Vitamin D: 0.73µg (4.84%), Vitamin B1: 0.06mg (3.86%), Selenium: 1.93µg (2.76%), Vitamin B12: 0.07µg (1.21%)